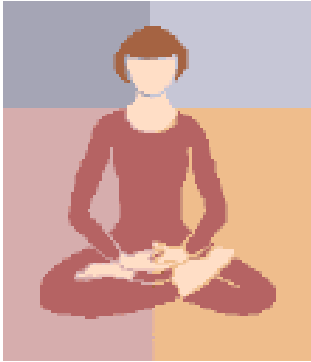


Power Yoga



Yoga, an ancient Indian practice, is fast becoming a popular alternative in the group fitness arena. Always conscious of the breath, Power Yoga emphasizes stretching, strengthening, releasing, and surrendering into poses. Power Yoga is a wonderful complement to any exercise program and a welcome respite in today's fast-paced society.

Instructor, Michelle Laging is certified in many types of group exercise classes along with having her YogaFit certification.

Where: Cardiovascular Room – Group Fitness Area

Dates: Every Wednesday
(January 7-February 25)

Time: (Participants must choose one class times)

Class #1: 12:00 PM- 1:00 PM

or

Class #2: 5:15 PM- 6:15 PM

Cost: \$42.00

*Yoga participants must be current members of the Wellness Center
Minimum of 7 participants required per class*

Class size is limited! To register, stop down or call the State
Employee Wellness Center at [303-866-2213](tel:303-866-2213)!
Registration ends on January 5th.

